

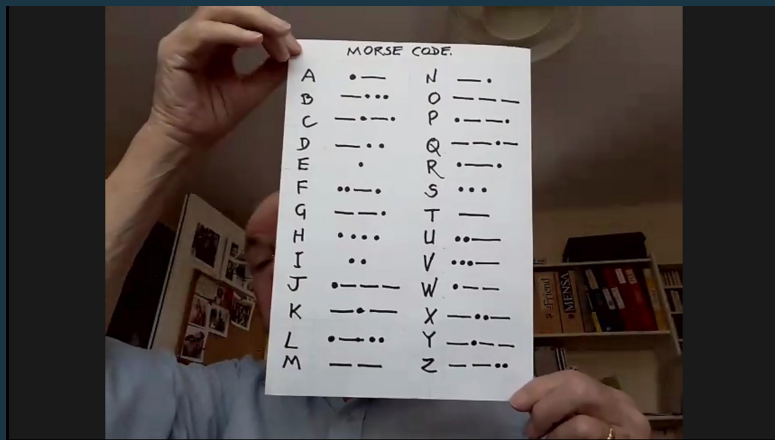


InCommon

Bringing generations together

**InCommon is a social
enterprise that bridges
generational divides.**





Buddies Week #1: Keeping in touch

This week's Buddies activities are all about how we keep in touch with our friends and family members when we're not in the same place. With your older friend or family member, you'll do:



Activity 1
'I spy' from afar

DOWNLOAD ACTIVITY 1



Activity 2
A long distance connection

DOWNLOAD ACTIVITY 2



Activity 3
Keeping in touch through the years

DOWNLOAD ACTIVITY 3

DOWNLOAD ALL WEEK #1 ACTIVITIES

*Shaping a narrative that
unites generations*

*Supporting intergenerational
projects*

*Creating age friendly
communities*



***An intergenerational recovery:
the role of the housing sector***



Housing LIN 2020 Intergenerational connection in retirement housing

**Models that create intergenerational
connection in existing retirement housing**

Placing purpose at the heart

**Celebrating the choice to live in
age-exclusive housing**

Our context:



Bringing intergenerational connection into existing retirement housing

School based models

- InCommon, Magic Me, Friend Indeed, Beanstalk
- Locally run projects, e.g. Maldon UP

Parents and pre-schoolers

- The Together Project
- The Cares Family 3G Project

Community use of communal lounges

- Resident organised events
- Macmillan afternoon tea Christmas parties



Image courtesy of Friend in Deed

Putting purpose at the heart

Radically inclusive volunteering

- Giving time and having a sense of purpose is transformative for wellbeing
- Some people face barriers to volunteering in the community but have lots to give, we recognise their time, skills and contribution

The danger of patronising older people in intergenerational projects

- Intergenerational work should be anti-ageist
- A project might not be everyone's cup of tea!
- Avoid loneliness narratives; focus on mutual exchange and benefit

Intergenerational social action

- People of more than one age group coming together to create change in their communities
- Supporting youth groups through the #iwill project

Celebrating the choice to live in age-exclusive housing

We need to listen to what matters to people

- We hear older people tell us they feel safer and happier in a scheme
- 'Moving in here was the best thing I ever did'

Communal living isn't for everyone - but everyone should have a chance to be part of a community



InCommon

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